

Physical activity in mountain areas of Poland and world
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Abstract

Invention and Development of Winter Tourism. A brief Introduction

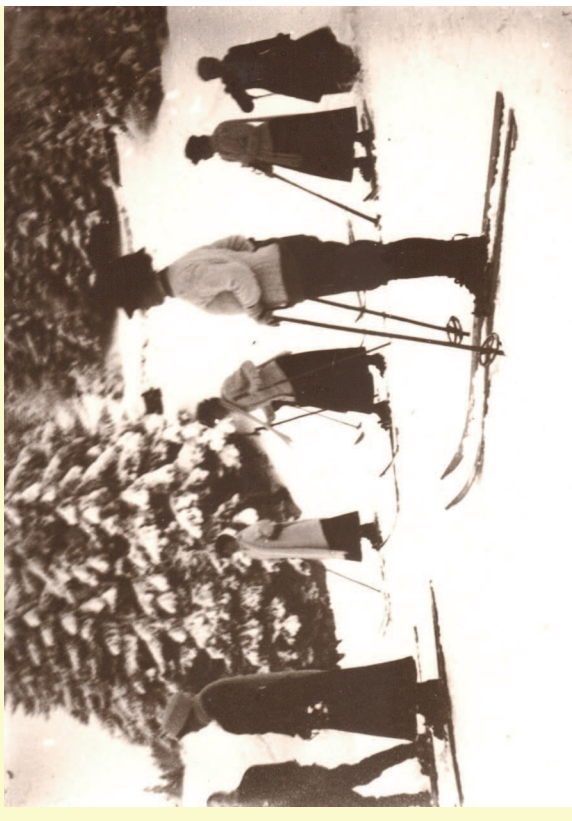
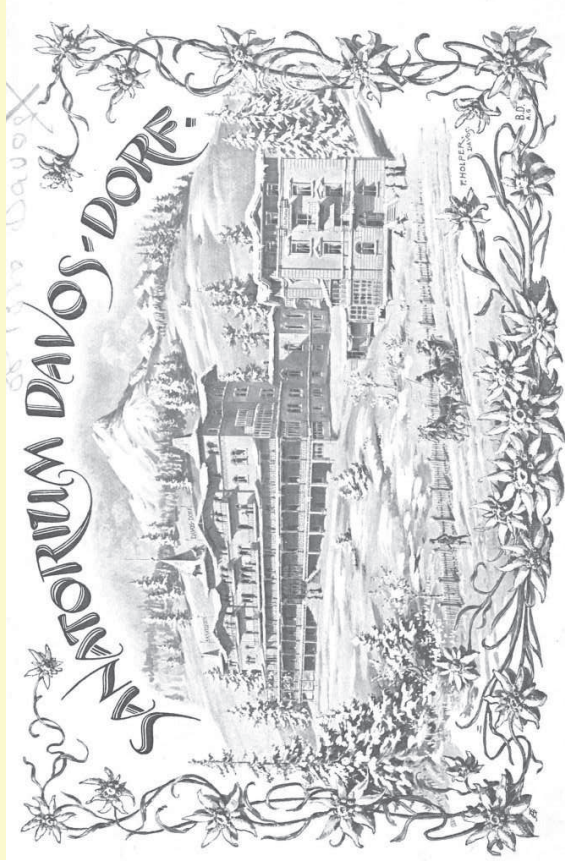
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- Today, winter tourism means spending the vacations in a snowy mountainous region. However, originally it meant just the opposite: rich people spent the winter time in the mild climate of the Mediterranean Sea (e.g. Riviera). The mountains were a summer destination (Kurort or Sommerfrische, e.g. Bad Ischl). Ergo: winter = southern regions, mountains = summer holidays.
- Only in the late 19th century this changed.



- Two completely different types of new visitors appeared in the mountains: One the one hand, lung patients visited Swiss health resorts during the winter, where they often stayed for many months (winter-resort/Winterkurort, e.g. Davos).
- On the other hand, snow-covered mountains began to attract young Britons (e.g. Davos, St. Moritz). They sought the thrill of sportive activities. In opposite to the summer season, since then many technical equipments are needed for having fun in the snow.



- During the interwar and the post-war periods this tourist behaviour spread to the better-off middle classes of the developed countries, and finally became a mass phenomenon.

